

HEALTHY COOKING

▶ RICE SUBSTITUTE



INGREDIENTS

- ▶ 1 cup cauliflower, grated

Use the medium holes on the grater to get the cauliflower to a similar size as rice grains. Sauté in a pan with a little water until softened but not over cooked – approximately 5 minutes.

Use it as you would use rice.

Each serving:

Carbohydrate: 3.2g